

Jordan C. White, DC

Spinal Adjustments San Antonio

San Antonio DOT Physicals & Routine Exams

Dr. Jordan White can complete your DOT physical exams so you can stay on the road, in addition to routine and other exams for truck drivers and non-truck drivers alike.

The DOT physical is the most important qualification for any commercial driver. The DOT physical examination is in place to help ensure the safety of yourself as well as all the other drivers sharing the road.

The Department of Transportation requires all commercial drivers license holders to receive regular physical examinations from an approved medical examiner. The truck driver physical looks for pre-existing conditions that could impair your ability to safely operate a motor vehicle.

A DOT physical exam is valid for up to two years if you're deemed in good health. Once you're found fit to drive a commercial motor vehicle, you'll be furnished a copy of your results and a medical examiner's certificate, or your DOT medical card, will be completed and provides official proof you've met the medical requirements necessary to hold a CDL.



Neck & Back Pain Treatment

Besides providing DOT physical exams, Dr. Jordan White has over 30 years of experience treating neck and back problems in addition to other injuries caused by automobile accidents. Whether you're a truck driver or not, Dr. White can help you treat your neck and back pain immediately.

Truck drivers face a wide variety of health issues resulting from their workplace environment. Besides an increased chance for obesity and high blood pressure, truck drivers often require treatment for shoulder, neck and back pain and even spinal problems. Carrying and lifting heavy objects has the potential to cause serious back injuries and driving for long periods at a time can cause serious neck and back pain.

If you need treatment for your spinal problems or neck and back pain, or simply need to complete your biennial DOT physical exam near Boerne, Castroville or anywhere else within the greater San Antonio area, give us a call or schedule your appointment online today.

Welcome to my office



Dr. Jordan White has 30 years of experience dealing with a wide range of back and neck problems. He is skilled at determining the nature and extent of your problem including routine back pain, neck pain and headaches. In addition, he is can determine if you have more serious illness including herniated disk, spondylolisthesis, spinal stenosis, or arthritis of the spine as well as pathology of the foot, ankle, knee, hip, sacro-iliac joint, spinal facet joints, wrist,

elbow, shoulder and tempomandibular joints. He treats persons injured in automobile accidents and sprain strain and other injuries related to sports also.

We provide services for the following insurance carriers

United Health Care

Blue Cross Blue Shield

Aetna

Humana

Medicare

Cigna PPO

Beech Street

Great West

Texas True Choice

Private Health Care Systems

For more information please visit

<http://www.cdldoc.com>